

Mass in Motion: An Overview

Overweight and Obesity in Massachusetts

Although Massachusetts compares favorably to most other states, overweight and obesity are still major public health problems.

In Massachusetts:

- » More than half of adults and over one quarter of high school and middle school students are overweight or obese.
- » Only 26% of Massachusetts adults eat the recommended 5 or more servings of fruits

and vegetables a day.

- » 47% of MA Adults do not get the recommended 250 minutes of physical activity a week.
- » Hispanic adults are 50% more likely, and Black adults 60% more likely to be obese compared to White adults.

The Mass in Motion Initiative

Launched in 2009 by the Massachusetts Department of Public Health, Mass in Motion is a state-wide obesity prevention initiative that stresses the importance of healthy eating and physical activity.

Key elements of this initiative are:

- » **Mass in Motion: A Call to Action** – a Massachusetts obesity burden document.
- » **Regulatory changes** promoting healthy eating and physical activity, including Body Mass Index (BMI) testing of public school students in grades 1, 4, 7, and 10.
- » An **Executive Order (E0509)** by Governor Patrick which requires state agencies which provide food as part of their client and patient services to follow specific nutrition standards when purchasing and serving foods and beverages.
- » **Grants** to cities and towns to

make wellness a priority – funding comes from five major health-funding foundations and other leading health organizations in Massachusetts.

- » The **Worksite Wellness Program**, which creates environments that encourage healthy behaviors while reducing absenteeism and health insurance costs.
- » The **Mass in Motion website**, which features simple, cost-effective ways for residents to eat better and be more active.
- » The **MA Children at Play Initiative** and the **2000-Calorie Campaign**, both funded by federal stimulus (ARRA) grants.

For more information, visit www.mass.gov/massinmotion

